



DR. JOHANNA BUDWIG PROTOCOL

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YOU MAY FIND AFFILIATE LINKS LISTED BELOW THAT I HAVE CHOSSES SPECIFICALLY FOR YOU.

Years ago when I first got sick and was looking for the perfect protocol, I was introduced to Bugwig and the possibilities of wellness that existed.

I became a semi-expert in the field and since then have helped others get well naturally. But with all protocols I will be reviewing, they all have flaws.

The Cost of Cancer review must include the price of this protocol also which is very reasonable. The main cost of this protocol is time, effort and obligation.

Who was Johanna Budwig?

Dr. Johanna Budwig was born on September 30th, 1908 and died May 19th, 2003. She was 94 years old. She died from a freak accident in her home slipping on a rug and just never recovered. She was vibrant, she was assertive and she was the most knowledgeable cancer researcher of this century. To know her was to love her.

All of Germany was at loss when she died. She had been nominated for the Nobel Prize 7 times and her true genius was never seen until she was dead. She claimed to have helped more than 2400 people live productive lives with her protocol and her diet healed more than just cancer patients. She took some patients off of their death beds with only 2 weeks to live and gave them hope.

This review of the famous Dr. Budwig will not have any complaints from me. I admire and love this woman and cherish the time I have taken to know her better. I only wish I could have known her personally and learned the real secrets of cancer and the universe. Dr. Johanna Budwig -- I bow down to you and thank God for the time you gave us.

What is the Johanna Budwig Diet?

Thousands of people have been saved using the Budwig diet plan with quark, organic cottage cheese, flax oil, ground flax seeds and a dash of cayenne. This simple mixture is used by many worldwide to heal their disease, but this simple quark mixture is only part of the diet she recommended. The real diet plan is not practiced my all. The diet has been abbreviated and added to such as adding the dash of cayenne as I suggested above. She had a few guidelines for her overall diet also. Here are some of her guidelines:

- No hydrogenated oils and No trans-fats, which also included olive oil, sunflower oil and cold pressed oils.
- No animal products, especially pork.
- No seafood (clams, lobsters, shrimp and all fish with a hard shell.
- No white flour including white pasta. Whole wheat and whole grain breads are allowed along with gluten free breads. Corn flour is discouraged due to toxins and GMO issues.
- No dairy products except the cottage cheese and some other cheeses.
- No molasses, white sugar, maple syrup or preservatives.
- No packaged or processed foods.
- No soy products or soy sauce.
- No harsh chemicals and pesticides. Use vinegar and baking soda to clean with. A
- You cannot microwave, use Teflon coated pans or aluminum cookware or aluminium foil. We recommend and provide during your stay at Budwig Center enamel cooking ware. Stainless steel, ceramic, cast iron, glass and corning cooking wear are fine.

Here are Some Things You are Allowed

- Stevia, raw honey, Demerara dark brown natural sugar cane sugar, dates, figs, berry and fruit juices serve as sweeteners. Keep in mind that you should limit the consumption of these sugars.
- No supplements are to be used or pharmaceutical medicines. Use only herbs in their natural form (pure nothing added)
- Any and all nuts are allowed except peanuts. Nuts must be raw.
- All seeds are also allowed.
- Raw unprocessed cocoa and shredded unsweetened coconut are allowed also.
- Some suggest black tea is acceptable, but it should be avoided and substituted with herbal tea mixtures. Coffee is not allowed.
- 100% whole grain flour is permissible.
- 2 or 3 slices of health food store pickles with no preservatives are allowed.
- The flaxseed oil must always be kept in the refrigerator. You can keep extra bottles in the freezer for up to 12 months. Flaxseed must be freshly ground and used within 10 minutes of grinding.
- Drink only distilled or reverse osmosis water.
- You can have one baked potato a day.
- If God made it, you can eat it. Eggs were never part of her protocol, but was not denied. Remember that oils are very limited and for this reason eggs should be limited greatly.
- You can eat all the fruit and vegetables you want.

Remember not to combine protocols. Some will combine the Budwig Protocol with the **Tony Isaacs Protocol** and she did not advise this. Keep to the Budwig protocol and follow her guidelines. Pain medicine must be avoided and substituted with natural medicine if you can. A gradual withdrawal is advised.

She also emphasized other things as part of her protocol such as:

- Lots of sun.
- No neon lights.
- EFT (Emotional Freedom Technique).
- Getting rid of negative influences in your life.

Budwig Diet Recipes for Her Protocol

There are many diet recipes and they can be seen at the [Healing Cancer Naturally Website](#). This is one of the most complete websites of reliable information on the web. You can find everything necessary to implement the diet practically and precisely as she dictated.

One of my favorite recipes is the [Kousimine Energizing Power Breakfast](#) Dr. Kousimine was a colleague of Dr. Budwig and together they created this very delicious recipe. The recipe does include fruit with the quark mixture and some have stated that fruit should be eaten on an empty stomach. It is part of the Budwig protocol and can be used if desired.

The Budwig Center

The Budwig Center teaches the **Budwig diet** founded by German biochemist **Johanna Budwig**. The Budwig anti cancer diet has been successfully helping people with not only Cancer but also Arthritis, Asthma, Fibromyalgia, Diabetes, Blood Pressure, Multiple sclerosis, Heart Disease, Psoriasis, Eczema, Acne and other illnesses and conditions.

They offer an at home program where they show you how to be well according to her instructions. This program would be advisable for those who are in doubt. There are Yahoo groups that help, but for some they need guidance. They are located in Spain and for those who want to go to Spain to be well the price is \$10,706 for a two week visit. Their at home programs range from \$1259 to \$4282. These [prices can be viewed here](#).

Cost of This Cancer Program

What is needed to implement this cancer diet program. All diets need a good juicer that is masticating. One of the suggested juicers is the Omega Juicer. [BUY HERE](#)



You will also Need a [coffee grinder](#) and [immersion hand held blender](#) You will need some organic cottage cheese or quark and some flax seed oil and several bottles will be needed for your monthly eating. Try ordering 4 and freeze 3. You will also need to order 4 pounds of flax seeds to start. For a [2 pound bag from NOW \\$5.39](#).

As you can see the monthly cost of this program is fairly cheap. I have not added in the cost of the food as this is a normal cost for all. Keep in mind that you must remain on this program for at least 5 years or the tumor may come back with a vengeance.

The downside to this program is the fact that you must remain on the program for 5 years. Nigella sativa is highly successful in the curing of cancers and does not require such a requirement and is cheaper to maintain. To read more about Nigella Sativa - Go to <http://www.nigellasativacenter.com>

SIMPLE FLAX SEED PROTOCOL WE WILL BE USING

The goat yogurt is the closest to the Dr. Budwig quark. So buy a kilo of goat yogurt, which is very thick. Strain the yogurt on a straining cloth or cotton one till all the liquid is released. This will take several hours.

Take 1/4 cup of the remaining cheese and add in 1.5 tablespoons of freshly ground flax seeds. Do not use meal and do not use the flax seed oil. You may have to add some water back to help mix it well. Add in a dash of cayenne. You can add some fruit if you like.

Listen to the video on how to use the Budwig mixture with the black seed mixture on [the home page](#).